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This has been the hottest day we have had, and the night bids fair to rival it.

Friday, March 9.—The night was extremely hot. To-day three wounded officers arrived. Concert on board this afternoon. Preparations are being made to leave Durban, whether to return to England or merely to take patients to Cape Town has not yet been decided.

March 17.—After several days of work, above-deck and below, both fore and aft, in cabin and in wards, we left Durban, Natal, with one hundred and sixty-five patients on board. Many exchanges had been made previous to our sailing, as only what were considered disabled men, or men invalided home, were assigned to our ship. Great demonstrations were made in our honor on our departure by the vessels in the harbor as we moved slowly through the Inner to the Outer Anchorage, where H. M. S. *Terrible* was manned and many hearty cheers were given for "*The American hospital ship Maine.*"

One of the East Indian transports heaved her anchor, steamed across our bow and around us, giving the final send-off.

(To be continued.)

THE EVOLUTION OF THE TRAINED NURSE *

By E. D. FERGUSON, M.D.

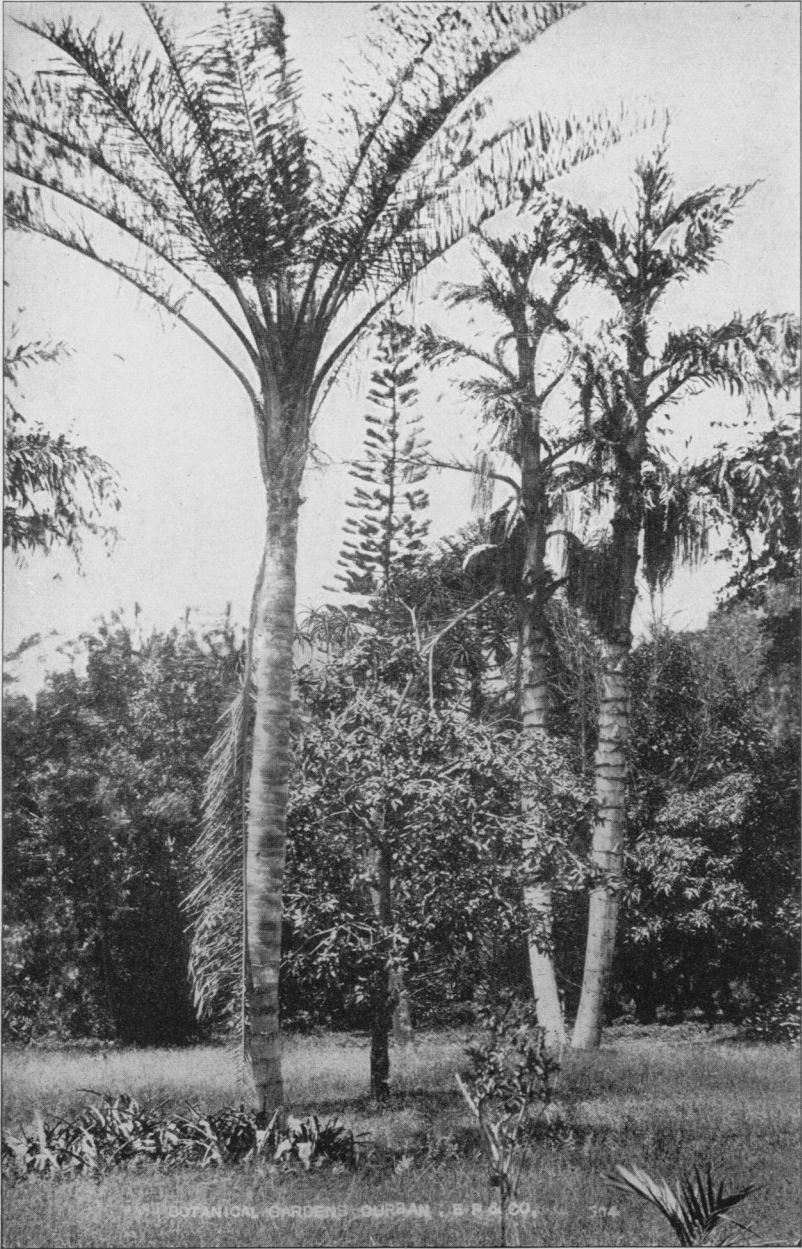
Surgeon to the Samaritan Hospital, Troy, New York

(Concluded)

FLORENCE NIGHTINGALE derived her baptismal name from the fact of her birth in Florence, which occurred in 1820. Her early life was that of the English girl born into a comfortable home. She followed the methods of education and had the advantages of travel appropriate to her time and class, but much of her girlhood was passed where her walks and drives must have brought to her attention the many hardships incident to the lives of the very poor. It was fortunate for humanity at large that the bent of her mind was in the direction of the practical consideration of the problems constantly presented in her daily life.

It is quite probable that several cases of serious illness in her family may have determined the special course which she would pursue, but in whatever way it came about, she finally concluded to give her attention to hospital nursing, so that early in her womanhood we find her visiting

* Address delivered at the opening of the Nurses' Home of the Samaritan Hospital, Troy, New York.



VICTORIA PALM, BOTANICAL GARDENS, DURBAN, NATAL, SOUTH AFRICA

the hospitals in the vicinity of her home and carefully investigating their plan of organization, the methods of discipline, and the scope of the work done.

Afterwards she went to London, and doubtless through social advantages was able to continue her investigations in that large field, but it is quite probable that her meeting with Elizabeth Fry, who was then by age barred from active duty, may have aided in giving practical direction to her efforts.

It was manifest that she must master her subject as John Howard had done his, so, after giving several months to the study of the conditions in the London hospitals, she passed over to the Continent to examine the means and methods in use there. In doing this she found in Roman Catholic countries the Sisters of St. Vincent de Paul doing their nursing work among the poor, and in Germany the revived order of deaconesses moving to their duties under the direction of Pastor Fliedner.

Though in many ways this service was found by her to be an improvement on what she had seen in England, still, being directed by an ecclesiastical spirit, its best development did not seem to be fostered, and in particular, since it was practically limited to the poor, it failed to offer to the middle and wealthy classes an opportunity for help which would be just as precious in time of need.

After pursuing her journey of investigation and study for some time, she concluded that the best plan for training was to be found at Kaiserwerth, where she went and offered herself as a pupil to Pastor Fliedner.

We may readily conceive the doubts that came into the blunt pastor's mind when he learned the wish of this slender English girl, who had been born and reared in a manner so different from that which had fallen to the pupils he found in his village school, for even he had not yet conceived the full measure of the upbuilding and broadening that was possible in the field of nursing.

He is represented to have dissuaded her at first by telling her of the rigid discipline, the unpleasant duties, and the hard work incident to the course of training, but, finding she was determined, he is represented to have told her with full German bluntness that if she insisted she should begin her duties then by scrubbing the floor, a service she at once performed.

The pastor must have soon perceived that she was no common pupil, and we may readily comprehend that while she gathered much from him and his methods, she could and did influence him and his class of nurses.

Twice she spent several months at Kaiserwerth, doing duty each time as one of the pupils of the school, but more particularly studying the methods of teaching and the scheme of organization.

Her last service there was in 1849, when she entered as a voluntary nurse and had better opportunity to study practically the methods pursued in the care of different diseases and the discipline of the school under the practical and common-sense matronship of Madame Fliedner.

She gave particular attention in her travels to the methods of construction and ventilation of hospitals, and the practical ideas resulting from this study will bear scrutiny by the light of recent knowledge and experience.

The career she was then pursuing was, of course, known to many prominent people in England, but it was naturally regarded as the vagary of an enthusiast with little to recommend it and with much to condemn, for why should she, born to the benefits of a perfected social organization, seek to do the work that belonged to others?

When, after her studies and labors, she returned to England she learned that one of the most difficult tasks is to break in on the traditions of a conservative people and set the wheels of change in motion, and as she was without a desire to promote her own reputation, she accepted the necessity for rest, and went to her home in the country to wait for indications as to her future course. Not being able to break the crust of organization and tradition connected with the hospitals, she finally went to London and looked about for some avenue of work.

She there found a sanatorium established for sick women of the governess class, and into this she entered, bringing method to its plans and efficiency in its work, so that an object-lesson was created. The labor incident to this venture resulted in a break of her health that drove her to Florence for rest, but she had improved an opportunity for an object-lesson, and many had seen the benefits of better methods. After her rest in Florence she went back to her own home to bide the time when she could do and serve.

The Crimean War had broken out, and the forces of England, France, and Turkey on one hand and Russia on the other were waging battle on the shores of the Black Sea.

The horrors of war were aggravated by the terrors and sufferings of pestilence, and from the distant scenes of conflict came messages of the dire effects of disease, which latter exceeded in invalidism and death the wounds and injuries of battle.

Howard Russell, then the war correspondent of the *London Times*, an innovation in newspaper work, wrote of the gruesome state of affairs,

where men died without the least effort being made to save them, and "the sick appear to be treated by the sick and the dying by the dying."

The hospital administration had broken down, probably then, as in our own recent experience, by the failure of the men of Mars and the government authorities to realize the importance of protecting the health of the soldiers, or that one case of fever in camp is often a greater menace to an army than a divisional increase of the forces of the enemy.

Russell wrote an appeal for nurses and stores for the sick in the *London Times* after telling of the terrible state of the troops at the front and in Scutari, which was the seat of the base hospital. England was stirred to its most profound depths, and in one day the *Times* received two thousand pounds towards the financial element of relief, Sir Robert Peel sending two hundred pounds. Miss Nightingale was at her Derbyshire home when the appeal was made by Russell in the *Times*, and at once she decided on her course. Only a fortnight after the battle of Alma she wrote to the Minister of War offering to go as a nurse to the army. But the time and conditions for her work had come, so that as she was writing her tender of service a request to her was being written in the War Office that she take charge of the organization and equipment of a force of nurses to go to the seat of war.

It was a long letter she received, was in the nature of an appeal to her to accept, and placed at her disposal the earnest assistance and whole power of the War Office. Never before or since has such a government commission been offered a woman, but never before or since have the conditions been duplicated. It is evident that Mr. Sidney Herbert had risen to the emergency, and that he knew and had faith in Florence Nightingale. . . .

The training of nurses had begun in England, not in the way now pursued, but still a start had been made, and she was not obliged to rely on absolutely raw material. The first suggestion of aid had come to Mr. Herbert from Lady Maria Forrester, who became active in the undertaking, even at first contemplating going with the nurses, but she was helpful throughout.

The Roman Catholic Bishop of London gave his support to the enterprise, so that one valuable source of recruiting was opened.

On October 15 she must have received her summons, and on October 21, *i.e.*, in six days, she had completed her band of thirty-eight nurses, and the War Office announced her departure that evening for the seat of war.

As "society" had taken an interest in the affair the whole world knew of her mission, so that when the expedition reached Boulogne the fisherwomen insisted on acting as porters for the luggage of the "Eng-

lish Sisters" who were going to the East to care for the sick sons and husbands of the French as well as the English mothers and wives. The white light of publicity was turned upon the little band, so that either a great success or a serious failure must result from the mission. On November 5, 1854, they arrived at Scutari, the Asiatic suburb of Constantinople, where had been established the base hospital of the Allies.

The battle of Alma had been the exciting cause of the call for those nurses, and the battle of Inkerman occurred on the day of their landing at Scutari, so that soon they found work among the six hundred wounded brought from the front. They of necessity had to encounter the prejudice against women nurses for male patients, and in particular the prejudice against women nurses in army service in time of war, an innovation little short of heresy and ungodliness in the eyes of a conservative English surgeon; but the work done by this band of only partly drilled nurses under the guidance of so competent, earnest, and enthusiastic a leader as Miss Nightingale soon overcame all sentimentality and even boorish opposition, while with the English soldier the idea of not only English women but even English ladies coming out to nurse them went deep into their hearts.

Her thorough drilling and discipline at Kaiserwerth now served Miss Nightingale well, for though she was virtually supreme in all matters pertaining to nursing, she knew well the necessity for coöperative as well as coördinate work, and she was careful that the nursing should never interfere with the surgical and medical supervision, whatever her own views might be in cases of individual illness. In this way a cordial relation soon existed, and her great work was well under way, though it was late in December before all opposition was overcome and she was regularly installed as the recognized head of the nursing department of all the army hospitals.

This concession from the local medical authorities must, in view of the conservatism of the English profession, be regarded as won by the splendid work done in the care of the sick and wounded.

Tact, that essential qualification in a nurse, was one of the gifts with which nature had endowed Miss Nightingale, and she had cultivated it, so that now with her technical training she was able to demonstrate not only the usefulness of skilled nursing, but its absolute necessity to secure the best medical results.

With the funds at her command diet kitchens were established, food adapted to the needs of the sick was furnished, dressings were prepared, while bedding, wine, brandy, and even medicines could be furnished by her without the red tape and fatal delays incident to the filling of an ordinary army hospital order.

She was untiring in her attention to duty and detail, watchful of every interest and need of the sick, and, let us hope, not unmindful of the fact that success or failure now would work for good or ill on the future of trained nursing as a vocation and as an instrument for usefulness in a much larger field.

One of the early titles given her by the soldiers is suggestive of her energy and watchfulness of the wants and needs of the sick, for her frequent rounds of the hospital at night led them to call her the "Lady with the Lamp."

In spite of all the work incident to organization and supervision she gave much time to individual cases, and in many instances the message of returning health or the last words to the loved ones at home were written by the hand of Florence Nightingale.

Let every pupil in training and every graduate nurse take heed that their broader usefulness can only come when they grasp fully the conditions that belong to the sick-room, conditions constantly changing and never met by the mere administration of drugs or giving of a bath. To grasp the whole situation and meet it without obtrusiveness or sentimental nonsense is the gift of woman more than man, but among women the gift varies and is susceptible of cultivation.

To tell the tale of her nursing and sanitary work in that unpromising field is not the purpose of this paper. How she won the victory for trained nursing in the army and at home in spite of the carping of fools and prudes, both male and female, would take too much time, full though it might be of value and dramatic interest.

To her first band of thirty-eight was added a second contingent of forty-seven, so that she could extend and divide her work, but cholera and fever came to do their fell work among soldiers and nurses. We will not follow her in the various stations where nursing was under her direction, from Smyrna to Sebastopol, or dwell on her own illness, from which it seemed hardly possible for her to recover. Let it be sufficient in summing up to say that she overcame every obstacle, a result that could not have been accomplished with all the aid given her by the War Office and the English public without trained knowledge, womanly tact, and heroic devotion to her mission.

She remained at her post to the last, and then, to avoid the ovation that was known to await her arrival, she travelled under an assumed name and reached her home as quietly as she had left it, over two years before. But the phlegmatic Englishman had been stirred on his best side, and it was determined that if no greeting in London at the Guildhall in quaint official robes could be given her, in some way her work should be recognized.

To us the giving of medals is only beginning to have a significance, so that we can hardly understand the full meaning of the gift by the Queen of a jewel designed by the Prince Consort of appropriate form, material, and symbolism, but the people arranged that a sum of fifty thousand pounds should in some way mark her work.

Though she became an invalid after her return, she was able to direct the use of this money, and arranged that a wing of St. Thomas's Hospital be made a place for the training of nurses, and there was founded the "Nightingale Home," which is a part of that imposing structure so familiar to those who have occasion to cross the London bridges.

Florence Nightingale still lives. The evolution of the nurse is incomplete. Every year beautiful homes are erected for her comfort and greater care is taken with her instruction and training. There is no sex in good works, and men and women alike are quietly, steadily, and efficiently working that her development may continue.

BALTIMORE'S WORK IN TUBERCULOSIS

By RUTH BREWSTER SHERMAN

Johns Hopkins Training-School for Nurses

DURING the past few years large numbers of tuberculous persons have applied for treatment to the dispensary of the Johns Hopkins Hospital whose admission to the wards was obviously unwise, and who, after a single visit, never returned, and so were lost sight of. To any thinking person these people, poor, ill, and ignorant as they usually are, are objects not only of pity but of very lively interest, as being the breeders and conveyers of our commonest fatal infection, and the centre, each one, of a veritable circle of danger in his own household and neighborhood,—often, indeed, by reason of the necessity of still carrying on their occupation, in spite of illness, to people far outside his immediate vicinity.

To Dr. Osler, the medical chief of the hospital, the necessity for putting some limit to this danger seemed imperative, and in 1900 he appointed from the third-year class of the Medical School a student whose duty it was to follow and visit in their homes all consumptives who came to the dispensary. Saturday afternoons, Sundays, and holidays were practically all the time she could give to the work, but the results of her months of effort are most satisfactory. Trouble has often been met in finding patients, many of them giving false addresses, the